



Safety First: Pulling a Patient Up in Bed

Decreasing the risk of injury to yourself and your patient!

ALWAYS:

- Begin with the head of the bed in the down position or in a slight trendelenburg if the patient can tolerate the position.
- Adjust the top of the bed to the waist or hip-level of the shorter person.
- Grasp the draw-sheet; pointing one foot in the direction you are moving the patient.
- Lean in the direction of the move, using your legs and body weight.
- Ask the patient to raise his or her head, bend their knees and push down with their feet, and pull against the side rails or trapeze.
- On the count of three, lift and pull the patient up. Repeat this step as many times as needed to position the patient.

NEVER:

- Attempt to pull a patient in bed without appropriate assistance. **THIS IS NOT A ONE-PERSON TASK!**
- Pull the patient up in bed using their arm pits. This could cause serious injury to the patient's shoulders.

